

YOGA WEST OF EUGENE

3635 Hilyard Street

[Corner of 36th and Hilyard - across from LTD stop at Tugman Park]

KUNDALINI YOGA & MEDITATION *as taught by Yogi Bhajan* ~ January-February, 2012

www.yogawesteugene.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>8:45-10am Morning Yoga</u> w/Lajpreet 343-3340		<u>8:45-10am Morning Yoga</u> w/Lajpreet 343-3340		<u>8:30am - 10am</u> SATURDAY WAKE UP w/Jai Kartar (Joan)	
					<u>10:30am - 12 noon</u> WOMEN'S YOGA w/Tamar & Lexy 342.5797	<i>Special Pre-Natal Partner Yoga Class Sunday, January 29th, 3-5 pm. \$15 for 2</i>
<u>5:30 - 6:45pm</u> KUNDALINI BASICS w/Lexy 342.5797	<u>5:30 - 6:45pm</u> KUNDALINI BASICS w/Simrat focus on health & mental clarity -see website for details	<u>5:30 - 6:45pm</u> KUNDALINI BASICS Taught by an experienced Yoga West Teacher	<u>5:30 - 6:45pm</u> ALL LEVELS KUNDALINI w/Jai Kartar (Joan) 344-8332		<u>Sat, February 11 2-5pm</u> <i>Upgrade Your Aura for 2012 Yoga & Meditation Workshop</i> w/Jai Kartar 344-8332 <i>see website for details</i>	<u>3 - 4:30 pm</u> PRE-NATAL YOGA w/Simrat
<u>7pm - 8:30 pm</u> MONDAY MEDITATION (ongoing) <i>Heart like a Feather New series Feb 6-27 Mehtab & JaiKartar 433-8332 see website for details</i>	<u>Full Moon Healing Meditation</u> <u>Tuesday, February 7th</u> <u>6:30-7:00 pm</u> No cost Come join your intent for healing	<u>7pm - 9:00 pm</u> <i>Rebirthing Series I Yoga warm-up, pranayam and meditation to remove in utero and birth trauma. Come clear your past. Simrat 343-7825 see website for details</i>	<u>7pm - 8:30 pm</u> SAT NAM RASAYAN™ MEDITATIVE HEALING PRACTICE GROUP w/Jai Kartar (Joan) 344.8332		<u>Community Kirtan</u> <u>Saturday, Jan 28th,</u> <u>6-8:30 pm</u> <i>Family friendly Suggested donation of \$1 for facility</i>	<u>5pm - 6:30pm</u> KUNDALINI BASICS w/Guru Hari

Drop-in Rate: \$8 / 10 Class Punch Pass: \$70 / Unlimited Monthly Pass: \$80 / Discounts for Students & Seniors